A Fine Frenzy
ONE CELL IN THE SEA

Booklet contains partial song lyrics, for full lyrics please go to www.afinefrenzy.com

COME ON, COME OUT

watching the sky, you're watching a painting
coming to life, shifting and shaping
staying inside, it all goes
all goes all goes all goes by
stopping the time, the rush and the waiting
leave it behind, shifting and shaping
keep it inside, it all goes all goes all goes all goes by

THE MINNOW AND THE TROUT

help me out,
said the minnow to the trout
I was lost and found
myself swimming in your mouth

oh, help me chief,
I've got plans for you and me
I swear upon this riverbed,
I'll help you feel young again

oh, not your everyday circumstance
the hummingbird
taking coffee with the ants,
and I said

please, I know that we're different
but we were one cell in the sea
in the beginning
and what we're made of
was all the same once
we're not that different after all

we are tied in history,
wide-connected like a family, a family
we are tied in history,
wide-connected like a family, a family...

WHISPER

I'm down to a whisper
in a daydream on a hill
shut down to a whisper
can you hear me still

eager to please,
trying to be what they need
but I'm so very tired
I've stopped trying to find
any peace in my mind
because it tangles the wires

but if you keep real close
yeah, you stay real close
I will reach you.

YOU PICKED ME

like an apple on a tree
hiding out behind the leaves
I was difficult to reach
but you picked me
like a shell upon a beach
just another pretty piece
I was difficult to see
but you picked me,
yeah you picked me

so softly,
rain against the windows
and the strong coffee
warming up my fingers
in this fisherman's house
you got me,
searched the sand
and climbed the tree
and brought me back down

and all I can say
is you blow me away

RANGERS

the paths have been crossed
the crumbs are gone and the way
and the way is lost
melancholy phantoms eye our skins
poisoned apples falling with the wind
hear the sigh of the trees
those who enter here never leave

and the rangers stream
out of their cabins
they are the hunters,
we are the rabbits
but maybe we don't want to be found
maybe we don't want to be found

ALMOST LOVER

your fingertips across my skin,
the palm trees swaying in the wind,
images
you sang me spanish lullabies,
the sweetest sadness in your eyes
clever trick,
images

well, I'd never want to see you unhappy
I thought you'd want the same for me

goodbye my almost lover
goodbye my hopeless dream
I'm trying not to think about you
can't you just let me be
so long my luckless romance
my back is turned on you
should have known you'd bring me heartache
almost lovers always do

THINK OF YOU

I thought I had it figured out
in a brand new life
with a great big house
and green initials on the towels
I should be happy now

well, you've got yourself a family
and you planted roots down by the sea
I saw you once on the street,
you didn't notice me

but I think of you
whenever life gets me down
I think of you
whenever you're not around
you rest your bones
somewhere far from my own,
yeah but you still pull me home

ASHES AND WINE

don't know what to do anymore
I've lost the only love worth fighting for
I'll drown in my tear storming sea
that would show you,
that would make you hurt like me

all the same,
I don't want mud-slinging games
it's just a shame
to let you walk away

is there a chance,
a fragment of light
at the end of the tunnel,
a reason to fight
is there a chance
you may change your mind
or are we ashes in wine?

LIAR, LIAR

liar liar,
you're such a great big liar
with the tallest tales
that I have ever heard
fire fire,
you set my soul on fire
laughing in the corner
as it burns

right between the ribs
it's sinking in

oh oh, the sirens sang so sweet
and watched the sailors going down
oh oh, you talk to me in siren song,
yeah, anyone would drown
anyone would drown

LAST OF DAYS

I watched you disappear into the clouds
swept away into another town

the world carries on without you
but nothing remains the same
I'll be lost without you
until the last of days

the sun is in the east,
rising for the beasts
and the beauties
if only I could tear it down,
plant it in the ground to warm your face

I built myself a castle on the beach
watching as it slid into the sea

LIFESIZE

we smiled so bright the sun went down
rose above the maddening crowd
we lit the streets with the sweetest glow
we held the globe and made it turn
wandered through the universe
the men of science observed through telescopes

all for love, we become

larger than lifesize, wondersome
great in the eyes of someone
larger than lifesize we become,
great in the eyes of someone

NEAR TO YOU

he and I had something beautiful
but so dysfunctional, it couldn't last
I loved him so but I let him go
'cause I knew he'd never love me back

such pain as this
shouldn't have to be experienced
I'm still reeling from the loss,
still a little bit delirious

near to you, I am healing
but it's taking so long
'cause though he's gone
and you are wonderful
it's hard to move on
yet, I'm better near to you.

HOPE FOR THE HOPELESS

cold in a summer breeze
yeah, you're shivering
on your bended knee
still, though your heart is sore
and the heavens pour
like a willow bending with the storm,
you'll make it

running against the wind
playing the cards you get
something is bound to give

there's hope for the hopeless
hope for the hopeless
there's hope

BORROWED TIME

thick as thieves the last of leaves
in the winter sun
holding fast this freezing branch
is home to us

step, step right over the line
and onto borrowed time
when it's life, not waiting to die
waiting to divide to divide

counting stars and passing cars
on the interstate
the end is near I feel it dear,
but I am not afraid

1 COME ON, COME OUT Recorded at Eldorado Studios, Weddington Street Studio, Silver Lake Sound, The Green Room by Brian Scheuble, Hal Y Burton, 2nd Engineer - Chris Steffen. Vocal - Alison Sudol. Piano - Peter Adams. Additional Keyboards - Stephen LeBlanc. Additional Keyboards and Programming - Lukas Burton. Electric Violin - Chris Murphy 2 THE MINNOW & THE TROUT Recorded at Eldorado Studios and Capitol Studios by Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal - Alison Sudol. Piano - Kevin McKeever. Additional Keyboards - Hal Y Burton. Vibraphone - Stephen LeBlanc. Mellophone - Mike Bolger. Additional Programming - Danny Kalb, Lukas Burton. Strings arranged by David Campbell 3 WHISPER Recorded at Eldorado Studios by Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal and Piano - Alison Sudol. Acoustic Guitar, Perepeloushka - David Levita. Additional Guitars - Michael Chaves, Hal Cragin. Additional Keyboards - Stephen LeBlanc, Hal Y Burton. Additional Programming - Danny Kalb, Lukas Burton. Strings arranged by David Campbell 4 YOU PICKED ME Recorded at Eldorado Studios, The Green Room by Brian Scheuble, Hal Y Burton, 2nd Engineer - Chris Steffen. Vocal and Piano - Alison Sudol. Guitar - Lyle Workman. Additional Keyboards/Programming - Lemjay Ignacio, Lukas Burton 5 RANGERS Recorded at Weddington Street Studio, Silver Lake Sound, and The Green Room by Hal Y Burton. Vocal - Alison Sudol. Piano and Keyboards - Stephen LeBlanc. Additional Keyboards - Lukas Burton. Electric Violin - Chris Murphy 6 ALMOST LOVER Recorded at Weddington Street Studio, Silver Lake Sound, Escarpa Sound, by Hal Y Burton, Michael Valerio. Vocal and Piano - Alison Sudol. Guitars - Hal Cragin. Additional Programming - Hal Y Burton. Strings arranged by Michael Valerio 7 THINK OF YOU Recorded at Eldorado Studios by Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal - Alison Sudol Keyboards - Stephen LeBlanc. Guitar, Sonica - David Levita. Additional Keyboards/Programming - Lukas Burton, Danny Kalb

8 ASHES AND WINE Recorded at Eldorado Studios, Capitol Studios by Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal and Piano - Alison Sudol. Guitars - Danny Kalb, Hal Cragin. Vibraphone - Stephen LeBlanc. Additional Programming - Lukas Burton, Danny Kalb. Strings arranged by David Campbell 9 LIAR, LIAR Recorded at Eldorado Studios by Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal and Piano- Alison Sudol. Guitars - Michael Chaves, Lyle Workman. Additional Keyboards - Kevin McKeever, Stephen LeBlanc. Accordion - Mike Bolger. Additional Programming - Lukas Burton. Strings arranged by David Campbell 10 LAST OF DAYS Recorded at Eldorado Studios, Silver Lake Sound by Brian Scheuble, Chris Steffen, Hal Y Burton, 2nd Engineer - Chris Steffen. Vocal - Alison Sudol. Piano - Kevin McKeever. Additional Keyboards - Hal Y Burton, Alison Sudol. Additional Guitars - Lyle Workman. Electric Violin - Chris Murphy. Sitar - Paul Livingstone. Horn - Mike Bolger. Additional Programming - Lukas Burton 11 LIFESIZE Recorded at Weddington Street Studio, Eldorado Studio, Silver Lake Sound by Hal Y Burton, Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal - Alison Sudol. Piano - Stephen LeBlanc. Guitars - Hal Cragin, Sean Woolstenhulme. Additional Keyboards/Programming - Lukas Burton. Strings arranged by David Campbell 12 NEAR TO YOU Recorded at Weddington Street Studio, Silver Lake Sound, Capitol Studios by Hal Y Burton, Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal and Piano - Alison Sudol. Guitars - Hal Cragin. Additional Keyboards/Programming - Hal Y Burton. Strings arranged by David Campbell 13 HOPE FOR THE HOPELESS Recorded at Zi Studios, Eldorado Studio, Silver Lake Sound by Hal Y Burton, Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal - Alison Sudol. Keyboards - Stephen LeBlanc. Guitars - David Levita, Hal Cragin. Additional Keyboards/Programming - Lukas Burton 14 BORROWED TIME Recorded at Eldorado Studios by Brian Scheuble, 2nd Engineer - Chris Steffen. Vocal - Alison Sudol. Guitars - David Levita. Additional Keyboards - Alison Sudol, Stephen LeBlanc. Electric Violin - Chris Murphy. Additional Programming - Lukas Burton

Alison Sudol - All Lead and Background Vocals
Hal Y Burton - Additional Background Vocals tracks - 1, 5
Daxx Nielsen - Additional Background Vocals track - 5
Hal Cragin - Bass. Bass and Guitar tracks 1, 5, 10
Joey Waronker - Drums and Percussion tracks 3, 4, 7, 8, 9, 10, 14
Jimmy Paxon - Drums and Percussion tracks 1, 2, 11
Daxx Nielsen - Drums tracks 5, 13

For Campbell Strings:
String Contractor: Suzie Katayama
Concertmaster: Joel Derouin
Solo Cello: Larry Corbett
For Valerio Strings:
Double bass: Michael Valerio
Viola: Kate Reddish

Produced by Lukas Burton and Hal Cragin for Hal Y Burton Industries
Tracks 4, 5, 6, 8, 9, 12 mixed by Michael H. Brauer at Quad Studio NYC, Mix Assistant and Pro-Tools Engineer, Will Hensley
Tracks 3, 7, 10, 14 mixed by Hal Y Burton
Tracks 1, 11, 13 mixed by Chris Fuhrman for BigMouth Music at EggChair Studios
Track 2 mixed by Danny Kalb at The Boat
Mastered by Stephen Marcussen
Digitally Edited by Stewart Whitmore for Marcussen Mastering, Hollywood, CA

All music and lyrics by Alison Sudol, published by Ampstar Music (ASCAP) except for:
NEAR TO YOU - music by Alison Sudol and Nicklas Sample, lyrics by Alison Sudol,
BORROWED TIME - music by Alison Sudol and Gus Black, lyrics by Alison Sudol,
WHISPER - music and lyrics by Alison Sudol, additional music by Lukas Burton.

Additional music on RANGERS, YOU PICKED ME, COME ON, COME OUT, ASHES AND WINE, LIFESIZE AND HOPE FOR THE HOPELESS
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A&R: David J. Wolter & Jeff Blue
Management: Darren Gilmore for Watchdog Management
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Legal Representation: Kenny Meiselas, Esq. (Grubman, Indursky and Shire)
Agency: Keith Sarkisian/Julie Colbert/Joel Roman for the William Morris Agency

Creative Direction: Alison Sudol and Sean Mosher-Smith
Landscapes: Sean Mosher-Smith
Photography: Melinda Dahl
Critters: Jessica St. Peter

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www.afinefrenzy.com • www.myspace.com/afinefrenzy • www.virginrecords.com

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